

EXPERIENCE HEARTFULNESS

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Sahaj Marg is the way of the heart. By daily practice, we gradually experience more and more of the heart's true nature. This is based on direct experience, and does not require intellectual theories or complicated techniques.

Heartfulness is a very simple way to discover Sahaj Marg. The word itself is easier to understand than 'Sahaj Marg' for many people around the world. Heartfulness is a process of discovering meditation first, and then exploring the rest of the Sahaj Marg practice in stages. This process of discovery is like that of a child learning through wonder and direct observation.

Seekers are first invited to experience the benefits of relaxation and meditation, before being introduced to the practice. They can do this on their own, with the help of a trainer, or through a Heartfulness workshop.

The first step is the Heartfulness Guided Relaxation. This relaxes the body, which allows for effective meditation. It releases tension, fosters physical well-being and is a preparation for deeper meditation.

The second step is Heartfulness Meditation on the Source of Light that is present in the heart. It can be practised alongside any other form of yoga, meditation, religious or spiritual practice, and gives a taste of the experience of meditation on the heart.

How do we go deeper and move forward? With the unique element of [yogic transmission](#) – the gentle, subtle yet dynamic ‘forceless force’ that nourishes and transforms our meditation practice. Just as fresh air clears smoke from a room, meditating with an experienced practitioner cleans away the impressions and heaviness created from thought and action, and nourishes our journey of transformation.

After a few Heartfulness Meditation sessions with a trainer, the seeker is able to feel the effects of the cleaning and [yogic transmission](#) and experience their benefits.

Seekers are invited to experience [Heartfulness](#) Meditation with [yogic transmission](#) whenever they are ready, through a series of consecutive introductory meditation sessions with a trainer. These sessions may be done in person or remotely, as mutually convenient.

Encourage others to experience [Heartfulness](#)! Also, please try the Heartfulness Guided Relaxation for yourself to see how it improves your ability to meditate effectively.

For more information, please visit [Heartfulness.org](https://www.heartfulness.org)